

# Sleep Hygiene Checklist

Evidence-based habits for deeper, more consistent sleep

## ENVIRONMENT

- Keep bedroom temperature between 65–68°F (18–20°C)**  
Core body temperature must drop 1–2°F to initiate sleep
- Complete darkness — blackout curtains or sleep mask**  
Any light exposure suppresses melatonin
- Remove all screens from the bedroom**  
Blue light + cognitive association both disrupt sleep
- White noise or consistent ambient sound if needed**  
Unpredictable sound is the disruptor, not volume

## EVENING PROTOCOL

- No caffeine after 1–2pm (half-life is 5–6 hours)**  
A 3pm coffee is still 50% active at 9pm
- No alcohol within 3 hours of bed**  
Suppresses REM in the first half of the night
- Dim all lights after 9pm**  
Signals circadian clock that night is approaching
- No intense exercise within 2 hours of bed**  
Core temp elevation delays sleep onset
- Write down tomorrow's tasks (offload working memory)**  
Unfinished tasks create cognitive arousal

## TIMING

- Consistent wake time 7 days a week**  
The single most important sleep hygiene variable
- Target 4–6 complete 90-minute cycles**  
Optimize for cycle completion, not total hours
- No naps after 3pm**  
Depletes sleep pressure needed for night sleep
- Sunlight within 30 minutes of waking**  
Sets circadian clock, regulates evening melatonin